

The Fort Huachuca Scout®



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NETCOM Soldiers report for NCO/SOY competition

See Pages
A16, A17

Photo by Staff Sgt. Jeff Troth

Inside



Photo by Michael Collins

Empty Nests

New quarters ready for occupancy.

See Page A10



Photo by Anthony Reed

Challenges

Steelhead Triathlon participants compete.

See Page B1



Photo by Michael Collins

Fighting Spirit

Youth wrestle for top spot.

See Page B3

Negative body image issues revealed

by Karen Linne

Mountaineer editor, Fort Carson, Colo.

A new survey shows that more than half of men (54 percent) and women (58 percent) would rather lose their jobs than gain 75 pounds, according to Fitness Magazine's national survey. The survey of 1,000 men and women also found that a significant number (17 percent of men and 11 percent of women) said they would give up 20 IQ points to achieve the perfect body.

Every day millions of men and women engage in combat with themselves. They fight a constant war between the image they see in the mirror and the image they believe they need to obtain. Body dissatisfaction among American women is rampant, according to research reported on Body-ImageHealth.org, with as many as 75 percent of adolescent girls feeling bad about their bodies and 70 percent saying they feel "fat." Boys are increasingly affected, as the national obsession with avoiding fatness has now become pervasive. No one of any age, gender or size can escape the

barrage of messages to "lose weight."

What is body image?

- How you see or picture yourself
- How you feel others perceive you
- What you believe about your physical appearance
- How you feel about your body
- How you feel in your body

Body image is not static, but rather, an ever-changing thought process, according to Judy Lightstone, a psychotherapist specializing in the treatment of eating disorders. Lightstone explained that body image is not inborn, but learned. "This learning occurs in the family and among peers, but these only reinforce what is learned and expected culturally," Lightstone reported in her article "Improving Body Image." Body image is formed out of every experience an individual has — parents, role models and peers — who give ideas of what it's like to love and value a body. Image is formed from the positive and negative feedback from people whose opinions matter.

As the drive to be thin has prompted perva-

sive weight-loss efforts, America has become the fattest nation on earth. Soldiers are not exempt from the tendency of expanding waistlines, said Christine Levy, outpatient dietitian at Evans Army Community Hospital. "We see Soldiers every month for weight control. It [being overweight] isn't going away. "As their [Soldiers'] weight increases with poor food choices and decreases in activity, we [dietitians and staff of EACH] are finding a corresponding relationship to a decrease in good cholesterol, high density lipoprotein levels," Levy explained, an indication that the patient's overall health is in decline.

The impact of negative body image is extending to younger and younger children. Studies report that almost half of third to sixth grade girls now want to be thinner, regardless of their size. American children are preoccupied with their body size, afraid food will make them fat, and eat in ways that are detrimental to health and well being.

A poor body image can lead to emotional

See **BODY IMAGE**, Page A14

Scout On The Street — Which youth sports do you play, and why?



William Ponder
Student

"... football because you can tackle people and it's a lot of physical work. I like wrestling, too."



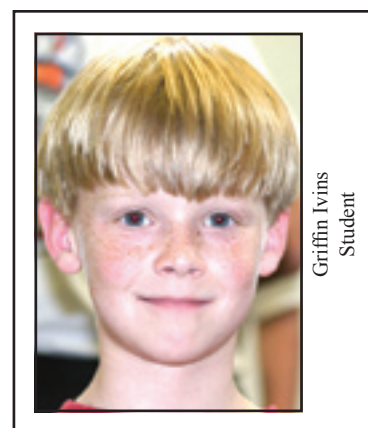
Harrison Ivins
Student

"... wrestling and soccer because I like throwing people and I am good at it. I like my soccer team and running."



Gabriel Price
Student

"I like wrestling because it is a lot of exercise."



Griffin Ivins
Student

"I like soccer and wrestling because it makes you strong."



Seath Towles
Student

"I like wrestling, cross-country and ju-jitsu because it is a good experience and I want to be a MMA fighter when I grow up."

The Fort Huachuca Scout

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Retiree wages 10-year battle to clear name

By Elaine Wilson
Army News Service

John Smith's* house wasn't ransacked, his wallet never snatched nor his life threatened in exchange for a handful of cash on a dimly lit city street.

Yet he was robbed of something he will spend the rest of his life trying to reclaim – his identity.

The crime left him saddled with thousands of dollars of debt, a plunging credit score and costly disputes with creditors that have lasted for more than a decade.

"I've been fighting this battle since 1996," said the retired Army major. "The scary part is I don't know when or if it will ever end."

Smith is a victim of identity theft, one of an estimated 10 million U.S. victims each year, according to the FBI.

Identity thieves steal records, bank statements, mail, credit reports and even "dumpster dive" to obtain personal information. They use the stolen information to open credit card, bank and cell phone accounts, and may even use a stolen identity to get a job or skip out on a court date after an arrest. Victims can spend years recovering their good name and credit record.

Sophisticated crime

"Thieves have gotten more sophisticated over the years," said Brian J. Novak, legal assistance attorney at Fort Sam Houston. "Identity theft offers a way to rob the bank without physically running into the bank and risking violence."

The topic has become a hot one in today's globally connected society where company laptops are stolen and hacked, and consumers regularly send off personal information into cyberspace, and into the hands of "phishers," without a second thought. Along with the personal devastation, the crime has a hefty price tag, costing American businesses and consumers a reported \$50 billion a year, according to the FBI.

Although in the limelight today, 10 years ago identity theft was just barely a household term, particularly for an Army major with a flawless payment history and perfect credit.

Troubled homecoming

Smith was blissfully unaware of any troubles in 1996. He and his family had just served a three-year stint at an Army post in Europe. He returned home and applied for a home loan with the confidence brought about by years of low interest rates. To his surprise, he was denied.

"They told me I had horrible credit," he said. "I couldn't believe it. I never missed a payment on anything."

He immediately ordered a credit report and saw delinquent charge after delinquent charge

See **IDENTITY**, Page A6

Military Intelligence Library renamed

Story and photo by Michael Collins
Scout Staff

The Military Intelligence Library was rededicated July 21 in honor of Chief Warrant Officer Christopher Nason who gave his life in support of the Global War on Terrorism.

Maj. Gen. Barbara Fast, commander, U.S. Army Intelligence Center and Fort Huachuca was the keynote speaker among a diverse gathering of military intelligence specialists, the Sierra Vista Harley Owners Group, family members, librarians and the Fort Huachuca community. "The work he was doing was incredibly important because he helped keep Soldiers out of harm's way," said Fast. "The job of the linguist continues to be a challenge to this day."

Nason entered military service in 1985 as an Air Force B-52 tail gunner before becoming an Arabic linguist in 1988. He served as a military language instructor at the Defense Language Institute and later joined the Army when he was accepted into the Army Warrant Officer program in 1999 as a voice intercept technician.

While serving as the Officer in Charge with the Aviation Systems Branch in the New Systems Training and Integration Office, U.S. Army Intelligence Center Fort Huachuca, Nason deployed to Camp Doha, Kuwait to serve as the Intelligence and Security Command's linguist contract representative to the Coalition Forces Land Component Command in support of Operation Iraqi Freedom. He was killed in a vehicle crash en route to a remote site.

"He meant so much to New Systems Training and Integration Office, both on the professional and personal side, that it was decided that he should be remembered in some way," said Chief Warrant Officer Christopher Wise, a contemporary of Nason's. "Since the library was not named other than 'Military Intelligence Library,' it was decided it would be a good choice to request the renaming of the library after someone who was Military Intelligence."

The goal of the Nason Library is to continue the standards of excellence at Fort Huachuca that he



Gena Nason, sister of Chief Warrant Officer Nason (left), accepts a rendering of her brother at the library dedication in his honor from Maj. Gen. Barbara Fast, commanding general of the U.S. Army Intelligence Center and Fort Huachuca and the artist, Antone Malone.

embodied. The library has distinguished itself in the past by being awarded the top honor in its class for a federally affiliated library. The library received this recognition from the Library of Congress, citing "innovative services and superior customer services offered in 2005."

Nason will live on in the example he set, said Wise. "By dedicating this library to his memory, he will create a model of excellence for generations of MI specialists to come."

Nason's sister, Gena, was on hand to unveil the plaque affixed to the entrance of the library in his honor. "I am so proud to be his sister," she said. "My brother was the most humble man I knew and it is overwhelming to see the impact he made in the Army and the community. I now feel like I am a part of it because you have chosen to honor him in this way."

"With Chief Warrant Officer Nason's background as a Soldier, scholar and intellectual, it is appropriate that we name this library in honor of him," Fast said. "We dedicate this facility in remembrance of him and the sacrifice he made for his fellow Soldiers and countrymen."

New elementary school opens its doors

Scout reports

Most students look forward to getting a backpack or lunchbox for the upcoming school year, but this year General Myer Elementary School students get a brand new building.

Dedication of the new building takes place 10 a.m. Aug. 4. The Panther Band and Myer School Choir provide musical entertainment. Refreshments and a tour of the new building follow the ceremony. Parents are encouraged to bring their students to see their new school.

Garrison commander Col. Jonathan Hunter together with students broke ground for the 58,500 square foot, \$8.5 million dollar school May 16, 2005. General Myer Elementary school is the first of two new schools on post and will serve as the school for third, fourth and fifth graders. Work on the new



Photo by Rob Martinez

Col. Johnston Elementary School, which will house pre-kindergarten to second grade, started April 28 and is ongoing.

The administration would like to honor General Myer School alumni and recognize them at the ceremony. If you were a Myer student in the past, call Diana Chinen at 459-8199.



Photo by Staff Sgt. Jeff Troth

Signal Soldier named this quarter's SOQ

Scout reports

Spc. Michael Philbert, Company B, 86th Signal Battalion, 11th Signal Brigade is the second Soldier of the Quarter for 2006. He was named SOQ after the July 12 Fort Huachuca Installation level Soldier and Noncommissioned Officer of the Quarter Board met and selected him as the best candidate.

Philbert, a Brooklyn, N.Y. native, joined the military in January 2003. After basic training, he attended Advanced Individual Training at Ft. Gordon to become a 25B, information systems operator-analyst.

Philbert's first assignment was with the 52nd Signal Battalion in Stuttgart, Germany where he held many operator positions. Now he is stationed

here with the 11th Signal Brigade and works on their medium data package as a team chief. He is also the vice president for the Better Opportunity for Single Soldiers program.

Since his assignment here, Philbert has received an Army Achievement Medal for his performance at Huachuca Thunder 06'. He has won the battalion and brigade Soldier of the Quarter boards and brigade Soldier of the Year board.

Philbert's short-term goal is to be promoted to sergeant. His long term goals are to become a government service worker in Stuttgart, Germany and to earn a degree in information systems.

Philbert will be recognized as SOQ at the monthly Military Affairs Committee luncheon Wednesday at the Thunder Mountain Activity Centre.

Spc. Michael Philbert tries to complete as many pushups as possible while taking the PT test during the Network Enterprises Technology Command, 9th Army Signal Command NCO/Soldier of the Year competition held here last week.

Upper San Pedro Partnership announces Water Conservation Grant Program

Scout reports

The Upper San Pedro Partnership is looking to give local businesses money. As part of the process, the business will save money on water costs and help to support the economy, Fort Huachuca and the San Pedro River.

Any business in the Sierra Vista Sub-watershed that can save water is eligible. Businesses include those located in Sierra Vista, Bisbee, Tombstone, Naco, Huachuca City and the unincorporated areas.

How can they save water? They can replace older toilets with new ones, install waterless urinals, replace high water use commercial washing machines with water efficient ones, install cartridge filters instead of sand filters for swimming pools, remove costly turf and install Xeriscape, among other things.

To get grant money businesses will have an on-site visit with a Water Wise Specialist. Together, the business and Water Wise representative decide what needs to be replaced or installed and the Water Wise Specialist will determine what the water savings will be. Business owners then fill out a one-page application and submit it to the Upper San Pedro Partnership. To be considered for a grant, businesses will need to make a contribution. This contribution can take the form of matching funds or in-kind services such as providing labor for installation. In-kind services can

also include eliminating water wasting practices.

After the Partnership grant committee acknowledges receipt of an application, they will notify the business of their award status within a month of submission.

Businesses awarded grants will receive publicity. The Partnership wants customers (and potential new ones) to know which businesses took action on helping protect the San Pedro River and supporting Fort Huachuca and the economy by saving water. The Upper San Pedro Partnership will publicly acknowledge participating businesses.

To initiate the grant process, call the Water Wise specialist at 458-8278 ext. 2181 for an appointment.

Volunteer of Month named

Scout reports

Tracey Sammons, Volunteer of the Month for July was recognized at the July 11 Round Up with a certificate of appreciation presented by Jim Chambers, deputy to the garrison commander.

Sammons has been one of the main figures with Army Family Team Building and the Army Family Action Plan for the past three years, according to Pamela Allen, Family Services coordinator,

Army Community Services.

"In addition to being an instructor, she was instrumental in maintaining the program when ACS did not have a program manager," Allen stated. "Once one was hired, Tracey took on the additional duty of the Volunteer Program manager for AFTB and excelled in this position. She is a trusted and valued volunteer who has given many hours of her precious time to ensure military spouses are empowered with the knowledge needed to become self-resilient members of the military community," Allen continued.

"Tracey has not only found time for AFTB, but she also volunteers with her daughter's school, her husband's unit FRG [Family Readiness Group] and their local church. We appreciate all that Tracey has done and will continue to do."

Tracey Sammons, July Volunteer of the Month, receives a certificate of appreciation from Jim Chambers, deputy to the garrison commander, during the July 11 Roundup meeting.



Photo by Maj. Matthew Garner

From left, Sgt. 1st Class Monaco McGee, and Sgt. 1st Class Ronald Wilson, 11th Signal Brigade administrative personnel hold the 1st place "Large Garrison" Phillip A. Connelly award for Fort Huachuca's Food Service Excellence, presented by Col. Jonathan Hunter, Fort Huachuca garrison commander. Chief Warrant Officer Kendall Brown, Thunderbird food technician, is at far right.

The 11th Signal Brigade Thunderbird Dining Facility will now compete in the next level of the Phillip A Connelly award, and represent Fort Huachuca in the Installation Management Agency Southwest Region Food Service



Photo by Spc. John Martinez

Excellence Award. The Thunderbird installations for the title of Best Food Service in the Southwest Region.

RWBAHC hosts 2nd Annual Children's Health, Wellness Fair

RWBAHC release

On Aug. 5th Raymond W. Bliss Army Health Center will conduct a Children's Health & Wellness Fair for the Fort Huachuca community. The event will be from 8 a.m. to noon on the front lawn of the Health Center. A variety of booths will be available with staff present to answer questions and provide information to Army families with school-aged children to help prepare them for the

new 2006/2007 school year.

The Fort Huachuca Fire Department, Military Police, Dental Activity and Veterinary Services, Army Community Services and Community Youth Services will be at the fair. Cochise County organizations that will be at the fair include Cochise Network Association and Fry Fire Department.

Opportunities at the Fair include a complete bike rodeo, car seat check and giveaway. The Fire Department will have the Smokehouse set up so youth

can learn how to react to fires. The Military Police will provide Ident-A-Kid kits for parents. DENTAC will provide information on healthy teeth and gums. Other activities will also be available.

While the fair is underway, the Health Center staff will offer a School & Sports Physical Clinic with more than 100 appointments for physicals available from 8 a.m. to noon. To make an appointment for your child's back-to-school physical, call the appointment line at 533-9200.

Registration for Fort Huachuca schools begins next week

Scout reports

Registrations will be held through tomorrow at all three schools: Col. Johnston Elementary, grades kindergarten to second; Gen Myer Elementary, grades three to five; and Col. Smith Middle School, grades six through eight.

Even if the student was pre-registered in the spring, there are requirements that need to be fulfilled between now and the start of school on Aug. 9.

All students, new and pre-registered, must register at the school that their student will be attending.

There will be a special registration area for

those who pre-registered in the spring. Parents will need to update emergency contact information, pick up the 2006/2007 school/student handbook, district information sheets, free/reduced lunch applications, and class assignments for Myer and Johnston students only. Smith Middle School will provide class and locker assignments on the first day of school.

When registering new students, parents must supply a birth certificate, a shot record and previous school records or address to send for them.

School begins Aug. 9. Bus schedules will be available at registration and published in the Aug. 3

Fort Huachuca Scout in the Sierra Vista Herald.

Registration hours for all three schools are:

- Wednesday, 8 a.m. to 1 p.m.
- Thursday, 8 a.m. to 1 p.m.
- Friday, 8 a.m. to 12 p.m.

· On Aug. 7 and 8, Smith Middle School will register students from 9 to 10:30 a.m.

Bus schedules will be available at registration and be published in the Aug. 3 Fort Huachuca Scout and in the Sierra Vista Herald. The school district office number is 459-8199. The Fort Huachuca Accommodation Schools' Web site is www.fthuachuca.k12.az.us/.

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cracked up throughout the southern half of the country – New Mexico, Colorado, Arizona, Kentucky, Tennessee and California.

Although Smith never physically lost his wallet or ID cards, a thief had obtained his information and was roaming throughout the country posing as Smith, using his name, past addresses and Social Security number.

Smith contacted a few of the creditors and saw the forms the identity thief filled out with handwriting completely different than his own. For a cell phone company, the thief even posed as a carpet cleaner, a job the physician assistant had never held.

In the three years Smith was in Europe, the fugitive had piled up thousands of dollars in debt and left a breadcrumb trail of overdue cell phone bills, delinquent credit cards and exorbitant, unpaid department store purchases.

Smith was shocked.

Rebuilding a life

“He had too much information, more than he could have gotten off of a check,” Smith said. “It had to be someone who found information in my wallet while I was at the gym or someone from finance or personnel.”

Smith immediately told credit agencies about his situation and ordered a fraud alert so he would

be notified whenever someone used his name or Social Security number to apply for credit. He also painstakingly copied records and reports proving he was nowhere near where the debts were incurred.

But for dozens of unpaid creditors, the question was never which was the real John Smith, but which one was going to pay.

Smith’s answer every time has been, “not me.”

“I have a two-drawer file cabinet just devoted to identity theft,” he said. “For every discrepancy on my report, I have to make copies and send them through certified mail. It’s exceedingly time consuming but I haven’t had to pay for a debt yet.”

Smith has paid a different price.

“I had bad credit for a while, very poor credit,” he said. “Each time I apply for credit I have to go prove that I’m not a bad risk. My credit has improved a lot but my interest rates are still higher than they should be.

“Even if you win a case, you still lose,” Smith said. “You take a loss, whether it’s paperwork or credit scores.”

Haunted by crime

Smith is still haunted 10 years later by crimes he didn’t commit with delinquent notices and threats of lawsuits. He can’t change the past, but Smith hopes, by sharing his story, he can help others protect their future.

“Protect your identity,” he advises. “Don’t leave your personal information unlocked in the gym or

in your car. Limit how much information you give out. And check your credit report once or twice a year.

“I made the mistake of not checking my credit annually, especially while I was overseas,” he added. “If I had, I may have been able to catch the problem sooner and nip it in the bud before it got as far as it did.”

And for those battling with the crime, “Get to a lawyer,” he said. “You can get through it but you’ll need the help.”

For more information on identity theft, visit the Federal Trade Commission Web site at www.ftc.gov/bcp/online/pubs/credit/idtheft.htm.

Fraud alerts can help prevent an identity thief from opening more accounts in the victim’s name. Call any of the three consumer reporting companies to place a fraud alert on credit reports. Whichever company the victim chooses to call is required to contact the other two.

Equifax: 1-800-525-6285; www.equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241

Experian: 1-888-EXPERIAN (397-3742); www.experian.com; P.O. Box 9532, Allen, TX 75013

TransUnion: 1-800-680-7289; www.transunion.com; Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790

*(Editor’s note: *The name was changed to protect the subject’s identity. Elaine Wilson writes for the Fort Sam Houston Public Information Office.)*

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On-line refresher Prevention of Sexual Harassment training available now

By Joan Street
Equal Opportunity Office

The Fort Huachuca Equal Employment Opportunity Office now offers refresher Prevention of Sexual Harassment on-line training. This training is for civilian employees and military personnel who supervise civilian employees. An alternative to the classroom training, the on-line class provides a refresher in the Prevention of Sexual Harassment. The on-line training also offers effortless accessibility and ensures the Army maintains a professional work

environment where employees can deal effectively with sexual harassment issues.

Training coordinators are responsible to provide the POSH training link to supervisors and employees within their organizations. The employees take refresher training on-line, complete an exam and send it to the training coordinator for grading. Passing grade is 80 percent or higher. Names of those who pass will be added to the POSH database and those individuals receive credit for completing the training.

The Department of the Army has

mandated that POSH training be conducted for all Army personnel. Newly appointed supervisors are required to receive initial classroom POSH training within 90 days of their appointment. New employees are required to receive their initial POSH training within 120 days of their entry on duty date. All employees are required to receive refresher POSH training biennially.

Employees who have not received the initial POSH training should contact Joan Street at the Fort Huachuca Equal Opportunity Office at 538-0276 or email joan.street@hua.army.mil.

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Mesquite Village

the newest on-post housing addition



Story and photos by Michael Collins

Scout Staff

Fort Huachuca is celebrating the opening of Mesquite Village, the newest on-post housing addition.

Maj. Gen. Barbara Fast, commanding general of the U.S. Army Intelligence Center and Fort Huachuca officiated at the ribbon cutting ceremony July 19 at Miles Manor 3. The early morning celebration brought a large crowd of Soldiers, family members, contractors, and other representatives from the community to witness the historic event.

“Fort Huachuca remains dedicated to bringing the best possible housing to our Soldiers, even though we are faced with the severe budget cuts,” said Fast. “These new homes will provide our junior enlisted ranks with some of the best living facilities to be found.”

Housing Soldiers and family members has always been a priority for the command since the Fort was established in 1877.

An unusually wet period with nearly daily downpours made it tough going for residents during the first year of ‘Camp Huachuca’. Living quarters were tents soon followed by adobe constructed homes, many of which washed away in the Southern Arizona monsoons. Request for additional funds were solicited and approved, ensuring the future of Fort Huachuca and Army’s mission to protect settlers on the frontier.

Today, many of the quarters have been recognized for their value to American heritage. The row of large adobe quarters along Grierson Avenue where senior officers reside date from 1884 and are now listed as a National Historic Landmark.

Fort Huachuca is one of the largest family housing establishments in the Department of the Army. At the completion of the FY07 construction cycle, it will have 1395 houses for soldiers. Of that total, 203 units are designated as officer’s quarters, and the remainder are designated for senior non-commissioned officer and enlisted quarters. The quarters vary in style and range from single dwellings to six-plexes. Most are single story, with the exception of some senior NCO quarters and all historic quarters. All quarters have off-street parking and most have either garages or carports. All houses have exterior storage space.

Spc. Joshua Johnston was chosen to be the first occupant of the Mesquite Vil-

One of the new homes for junior enlisted Soldiers is shown at Mesquite Village.



Spc. Joshua Johnston, the first Soldier selected to live in Mesquite Village, stands outside the doorway to the home opened for public viewing.

lage. “You can still smell the fresh paint on the walls,” said Johnston. “Our current house is old but nice. This is much better. My two boys will be able to play in the fenced back yard and my wife loves it.”

Construction of phase 2 of Mesquite Village is currently underway, which includes an additional 100 housing units. It is scheduled for completion in the fall of 2007. These units are energy and water efficient, constructed with 50-year roofs and built of many recycled materials.

The Grierson Road and Henry Circle historic renovation project is also underway, with 20 houses scheduled for renovation in the upcoming year. The scheduled completion date is fall 2007.

INSCOM Training, Doctrine Support Detachment give land mine exhibit

Story and photo by Rob Martinez

Scout Staff

More than fifty land mines and thirty mine information boards are on display from 8 a.m. to 4:30 p.m., in Riley Barracks, Room 1275 through tomorrow.

Sgt. First Class Jeanne Spekhardt, U.S. Army Intelligence and Security Command Training and Doctrine Support Detachment, participated in a mine study at Fort Leonard Wood, Mo. Her group participated in a test of eyewear that will help Soldiers determine the type of land mine under the surface.

Her group searched for mines in two wooded settings and two settings in a farmer's field. The mines were buried between 12 to 18 months prior. "Our job," she explained, "was to detect where land mines had been placed. Out of the four lanes, we scored a remarkable 75 percent, considering they had been buried for so long."

After the exercise, the group visited the Humanitarian Demining Training Center there, and personnel took the visiting group on a tour of their mine displays. "I said, 'This would be great to bring back to Fort Huachuca, so Soldiers can see it and touch it and understand it better than a PowerPoint presentation.'

"I told the guy I only had four hours until my flight left, and he took me down into his warehouse and let me



Sgt. First Class Jeanne Spekhardt shows Ronald Hickey a "Bouncing Bettie" at a landmine exhibit she set up in Riely Barracks. Both are from the U.S. Army Intelligence and Security Command Training and Doctrine Support Detachment.

go mine shopping, and I shipped nine boxes back here." Spekhardt said that the HDTC gave them the mines, and INSCOM paid for the shipping.

The mines are laid out in a long table, and in country sets on boards

along the wall showing mines currently used in those countries; each display also has a fact sheet.

"We have everything from Cuban made to Vietnam, Israel, U.S., Yugoslavia, Soviet Union, Bulgaria ... I don't

have them all out of the boxes. I have over thirty boards, just to give people an idea what their up against when they go into a theater. This [display] is not even one-tenth of the land mines that are out there."

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Range closures

Thursday – AF, AG, AL, AM, AP, AT, AW, AB, AC, AD, AY, T3
Friday – AB, AC, AD, AF, AL, AP, AU, AW, AY, T1, T1A, T2
Saturday – AB, AC, AD, AZ, AU, T3
Sunday – AL, AW, T1, T1A, T2
Monday – AG, AL, AM, T1, T1A, T2
Tuesday – AC, AD, AG, AG, AL, AM, T1, T1A, T2
Wednesday – AC, AD, AF, AG, AL, T1, T1A, T2
For more information contact Range Control at 533-7095. Closures are subject to daily change.

\$1,000 referral bonus offered

Soldiers can earn a \$1,000 lump sum payment for referring someone who enlists, completes basic training, and graduates from Advanced Individual Training. Referrals must not have previously served in the Armed Forces. Individuals who are referred must enlist in the active Army, Army Reserve or Army National Guard. The referrals must not be immediate family members. (See selected article, page A10.)
The Soldier referring must not be serving in a recruiting or retention assignment.
Exceptions are staff members who are not directly involved with the processing of applicants including staff members receiving special duty assignment pay.
Future Soldiers and Soldiers who are performing duties in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, and Active Duty for Special Work Program are also eligible for the bonus.
For Army and Army Reserve referrals, call 1 (800) 223-3735 extension 6-0473 or visit the web site at usarec.army.mil/smart. For Army National Guard referrals, call 1 (800) 464-8273 ext. 3727 or visit the Web site at 1800go-guard.com/esar.

Myer School dedication planned

The new General Myer Elementary School will be dedicated at 10 a.m. on August 4. The public is invited to attend. Parents are encouraged to bring their students to see their new school. Along with performances by the Panther Band and Myer School Choir, there will be refreshments and a tour of the new school.
Former Myer School students who plan to attend the dedication should contact the school office for special recognition on dedication day.
Those who plan to attend should call ahead for reservations.

For information, contact Diane Chinen at 459-8199.

Installation retirement ceremony set

An installation retirement ceremony takes place at 7 a.m. July 28 at Chafee Parade Field. The public is invited to attend. Motorists may experience disruptions in the flow of traffic during both the rehearsals and the ceremony.
For information, contact Suzette Krusemark at 533-3185.

The Military Council of Catholic Women

The Military Council of Catholic Women will gather at 9 a.m. on Aug. 11 in the Blessed Sacrament Chapel in the Main Post Chapel Complex. The August meeting will focus on the gifts God has bestowed and how people use them for His purpose.
The group prays the rosary, shares fellowship, refreshments, and a program. The readings and questions are from the book “The Power of a Praying Woman.” Why not take this opportunity to come and join the women of the Catholic Community. As always, watch-care is provided for children under age 5.
For information, contact Karen Harper, 458-5983.

Buena High School JROTC

The JROTC Leadership Camp for all returning cadets is Saturday through Monday, from 9 a.m. to 12 p.m.
From 1 to 2:30 pm, Sgt. Major Dennis Torres will issue uniforms to all returning cadets. Those who will not attend leadership camp should contact Torres at 515-2837 to arrange a time to issue your uniform.
All cadets interested in participating in JROTC sports need to have a current physical.
For ROTC information, call 515-2836.

Company commanders’ course

New company commanders or those who are slated to take command of a company soon are required to complete the Installation Company Commanders Course.
In accordance with Fort Huachuca Regulation 380-1 all company commanders must complete the ICCC within two months of taking command. All first sergeants are also encouraged to attend.
The next ICCC course will be held Sept. 5-7. Registration forms must be received by Aug. 21 for enrollment in the course.
Class size is limited. Contact your S3 for registration

forms or Suzette Krusemark at 533-3185. Or, send e-mail to suzette.krusemark@us.army.mil.

Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations: Joseph Barnhardt, USAISEC; Lorenza Buller-Duran, WCPOC; Linda Haldorson, MEDDAC; Annette Hamilton, MEDDAC; Pamela Hastings, CA/ITEC-4; Kenyetta Johnson, NETCOM; Lora Otero, CSLA; Patricia Paiz, 305th MI Bn; Susan Pester, MEDDAC; Mary Rodriguez, CSLA; Patricia Ryan, CPOC; Roberta Brown-Thurman, NETCOM.
For more information regarding the Leave Donor Program or how you can donate annual leave, contact Schenando Nason, Civilian Personnel Advisory Center, at 533-5273.

Warrant Officers seek candidates

The next and last Warrant Officer Candidate board for the 2006 fiscal year is in September. The Warrant Officer Career Center is giving credit for Basic Non-commissioned Officer’s Course, Advanced Non-commissioned Officer’s Course and Primary Leadership Development Course/Warrior Leader’s Course graduates towards WOCS; instead of six weeks and four days, the class will be four weeks and four days. The following Warrant Officer Military Occupational Specialties are in critical need:
215D Geospatial Information Technician = 21U and 21S
311A CID Special Agent = 31D
350Z Attaché Technician = All MOSs with ASI 7
351L Counterintelligence Technician = 97B
351M Human Intelligence Collection Technician = 97E
352P Voice Intercept Technician (Korean) = 98G
352S Non Morse Intercept Technician = 98K
880A Marine Deck Officer = 88K
890A Ammunition Technician = 89B and 89D
913A Armament Repair Technician = 45B, 45G, and 45K
914A Allied Trades Technician = 44B and 44E
921A Airdrop Systems Technician = 92R
For more information on becoming a U.S. Army Warrant Officer, please visit www.usarec.army.mil/warrant or e-mail wo-team@usarec.army.mil if you have specific questions.

Chaplain’s Corner

Protestant Sunday Services

8 a.m. Episcopal
8:30 a.m. Lutheran
9:00 a.m. Gospel
9:30 a.m. Protestant
11 a.m. Cross Roads
11 a.m. Collective Protestant

Roman Catholic Worship

Mon.-Fri.
Mass 11:30 a.m.
Saturday Confession 4 p.m.
Saturday Mass 5 p.m.
Sunday Mass 9:15 a.m.
Sunday Mass 11:30 a.m.

Jewish Worship

Friday 7 p.m.

Protestant

• PWOC Tuesday 9 a.m. & 6 p.m.
• Women’s Ministry Bible study
1st, 3rd Friday 6 p.m.
• Bible Study/Choir Practice
Thursday 6 p.m.
• Ministerial Staff Training
Tuesday 6 p.m.
• Men’s Choir Rehearsal
Tuesday 7 p.m.
• Youth Fellowship
3rd, 4th Saturdays 8:30 a.m.
• Women’s Choir

2nd Tuesday 7 p.m.

• Women’s Choir

5th Saturdays 11 a.m.

• Youth Church 1st, 2nd, 3rd, & 5th
Sunday 9 a.m.

Catholic

• CCD Sunday 10:45 a.m.
• Adoration of the Blessed Sacrament
Friday 3 - 6 p.m.

Korean

OCIA Friday 7 p.m.
MCCW 1st Friday 9 a.m.
Choir practice Friday 6:30 p.m.

Muslim Prayer

Friday 12:15 a.m.

Orthodox Divine Liturgy

1st & 3rd Sunday 9:30 a.m.

Latter Day Saints Service

Sunday 1 p.m.

Youth Ministries

• Middle school
Sunday 4 - 5 p.m.
• High school
Sunday 5:30 - 7 p.m.

Legend

Main Post
Main Post, Room 24
Main Post Blessed Sacrament Chapel
Prosser Village
Kino Chapel
Eifler

Advertisement

Extreme body image disturbances explained



Extreme body image disturbances include body dysmorphic disorder, eating disorders and severe depression.

Body dysmorphic disorder — This is a disorder of “imagined ugliness.” What individuals with this disorder see in the mirror is a grossly distorted view of what they actually look like. Often, these

individuals will spend hours examining, attempting to conceal or obsessing over their perceived flaws. Some people actually spend thousands of dollars on plastic surgery in an attempt to improve their bodies.

Anorexia nervosa — This disorder is characterized by an extreme fear of gaining weight and these individuals actually perceive their bodies as larger or “fat” even though they are grossly underweight. Medical complications that arise from anorexia and bulimia include: dry scaly skin; abdominal cramps; flatulence; constipation; nausea; hypotension; edema; dehydration; amenorrhea (absence of menstrual cycle); muscular weakness; erosion of tooth enamel and dental cavities.

Bulimia nervosa — Individuals with this disorder are also dissatisfied with their bodies and have extreme concern with body weight and shape.

Depression — In many instances, individuals with depression often have a distorted view of themselves and believe they are less attractive than they really are.

From **BODY IMAGE**, Page A2 —

distress, low self esteem, dangerous dieting, anxiety, depression and eating disorders, according to the National Women’s Health Information Center. Levy said she sees about one newly diagnosed eating disorder patient per month. “But many of the patients I see for weight management issues frequently demonstrate eating disorder behaviors.

“For people with negative body image, we try to focus on making them feel healthy without looking at the number on the scale,” Levy said. “We do this by encouraging a balanced diet as well as an exercise program that will help them achieve their goals. “For follow-up assessments, we [try to get clients to] focus on their fitness improvements like being able to do activities of daily living easier, increased energy, increased amount of time they can do continuous exercise, improvements in strength training, improvements in lab data or how their clothes fit. Checking their

See **BODY IMAGE**, Page A15

Advertisement

From **BODY IMAGE**, Page A15 —

weight on the scale is the last parameter we look at. “Certainly, if we [Nutrition Care Division staff] or a counselor can find the source of why they [patients] have negative body images, we address those issues first,” Levy said.

In general, men appear to be more comfortable with their weight and perceive less problems than women. A national survey indicated that only 41 percent of men were dissatisfied with their appearance compared with 55 percent of women, according to the National Eating Disorders Association. Which body part needs the most work? Which feature is the best? Respondents to the Fitness Magazine survey said they most wanted to refine their abdominal region [36 percent of women and 48 percent of men]. Both women [27 percent] and men [42 percent] said they were happiest with their arms.

Amber Flores, personal trainer and recreation assistant for Fort Carson’s Directorate of Morale,

Welfare and Recreation, said she agrees with these findings. “Most people like their upper body, their arms and shoulders. A lot of military men work their upper body but forget about their lower body. “But the midsection is what many [of my clients] want to improve. “I educate them [clients] on losing weight — achieving a healthy weight — and give them tips on nutrition,” Flores said.

Danielle Dungen, an aerobics instructor at Forrest Fitness Center and no stranger to the “battle of the bulge,” said most people are not educated in keeping fit. Dungen, who transformed her body from a size 16 to a size 0 over the course of several years, said many women are not realistic about their bodies. “Women are still worried about their weight and don’t pay attention to other aspects,” she said. “They may be looking better because they are working out and watching their diet but they are still worried about the numbers on the scale.”

Extreme body image disturbances include body dysmorphic disorder, eating disorders and severe depression. Body dysmorphic disorder is a disorder

of “imagined ugliness.” What individuals with this disorder see in the mirror is a grossly distorted view of what they actually look like. Often, these individuals will spend hours examining, attempting to conceal or obsessing over their perceived flaws. Some people actually spend thousands of dollars on plastic surgery in an attempt to improve their bodies. Anorexia nervosa disorder is characterized by an extreme fear of gaining weight and these individuals actually perceive their bodies as larger or “fat” even though they are grossly underweight. Medical complications that arise from anorexia and bulimia include: dry scaly skin; abdominal cramps; flatulence; constipation; nausea; hypotension; edema; dehydration; amenorrhea (absence of menstrual cycle); muscular weakness; erosion of tooth enamel and dental cavities. Individuals with the Bulemia Nervosa disorder are also dissatisfied with their bodies and have extreme concern with body weight and shape. In many instances, individuals with depression often have a distorted view of themselves and believe they are less attractive than they really are.

Advertisement



Staff Sgt. Billy Atkinson, 1st Signal Brigade, Korea, takes aim at targets during the M-16 qualification portion of the NETCOM/9th ASC competition.



Above: Sgt. Doug Jessup, 311th Theater Signal Command, Korea, reacts to a simulated IED as Sgt. First Class Preston Johnson, 11th Signal Brigade, grades his performance. Right: Staff Sgt. Mark Bonaudi, NETCOM/9th ASC NCO of the Year congratulates Spec. Gregory Blough, NETCOM/9th ASC Soldier of the Year.



NETCOM S

**Story and photos by
Staff Sgt. Jeff Troth**

NETCOM/9th ASC PAO

Fifteen Soldiers from around the world converged on Fort Huachuca to test their skills in the Network Enterprise Technology Command/9th Army Signal Command Noncommissioned Officer and Soldier of the Year competitions July 17 to Friday. At the end of the week, Staff Sgt. Mark Bonaudi, representing 5th Signal Command, Mannheim, Germany, came out as the top NCO and Spec. Gregory Blough, 93rd Signal Brigade, Fort Gordon, Ga., earned the title of Soldier of the Year.

Although only two could be earn the title of best in NETCOM/9th ASC, all Soldiers had won several boards before traveling to Fort Huachuca. Each had won NCO or Soldier of the month, quarter and year boards at each of their companies, then won at their battalions, brigades and for two Soldiers, their command.

But, for all of them this competition was different than the boards they had already won. The previous boards were just like the boards anyone in the Army above the rank of sergeant has attended – answering questions from senior NCOs. The NETCOM/9th ASC competition included the board, but also tested the NCOs and Soldiers on tasks that encompass the total NCO/Soldier.

“This competition shows more of the complete Soldier concept, not just book knowledge,” said Bonaudi. “...the skills every Soldier needs to know to survive.”

The competitors completed the Physical Fitness Test which included pushups and sit-ups, also had to do a land navigation exam on general military knowledge, an essay on Army values and a marksmanship exam on the M-16 rifle. Qualification was based on the performance of the competitors as none of them had ever won since the Army qualification competition. Firing from a foxhole is not a part of the competition and kneeling unsupported is not a part of the competition.

The competitors were tested on Common Task Testing. They had to complete four CTTs that would help them survive. Soldiers had to stop the bleeding on a mannequin and decontaminate equipment, while the NCOs had to vac and issue a warning order through the mystery task and knowledge of what to do with improvised explosive devices while on patrol.

“The CTT was very challenging for every Soldier needs to know how to survive, 21st Signal Brigade, the wars we are fighting and something that every Soldier needs to know they deploy.”

Even though the event was the most difficult part of the competition, coming the fact that he was competing with others and to compete against that friendship was the best part. It seemed like everyone was



Sgt. Jaime Aparicio, 11th Signal Brigade, struggles for a few more pushups during the Army Physical Fitness Test.

Soldiers aim for top honors

Completed a regular Army which consists of two minutes and a two-mile run. They navigation course, take a writ- litary knowledge, write an transformation and qualify lying was different for all of f them had been to the range ion standards had changed. no longer done. Instead they ported, prone unsupported d positions.

put through their paces on the NCOs and Soldiers each T tasks and a mystery task rive on the battlefield. The bleeding on an extremity of minate themselves and their COs had to request a mede- order. All of them had to go which tested their reactions o do when they encountered vices and an injured Soldier

er pertinent and something now," said Spec. Nina Guti- de, Fort Detrick, Md. "With now, reacting to an IED is ldier needs to know before

s were difficult, Blough said f the competition was over- as becoming friends with the ainst them. He also claimed est part of the competition. It s working together as a team, instead of against each other, to bring the best out of each other.

Even with these new friends, Blough said he was quite sur-

prised to hear Command Sgt. Maj. Donna Harbolt, NETCOM/9th ASC command sergeant major, call out his name as the Soldier of the Year.

"I thought I had shot myself in the foot with the PT test due to the change in altitude [Fort Gordon is not even 450 feet above sea level, while Fort Huachuca sits above 4,600 feet] and the different format in shooting," Blough said. "I feel that I could have done better at both of these."

Bonaudi said that he was confident on his performance during the competition, although the land navigation portion was the toughest since the canyon where the course was set up does not allow for terrain association, and he had to rely strictly on his pace count and compass azimuth.

"I thought I had it, but I knew Staff Sgt. [Jaime] Aparicio [11th Signal Brigade, Fort Huachuca] was close," Bonaudi said. "Being able to compete against such fine NCOs was a great part of this competition."

While the points were being tallied, the competitors had a chance to unwind and enjoy their new friends. At the same time, they learned about the post and how the Signal Corps played a part of its and the areas history. The Soldiers went to the post museum and to Tombstone where the NETCOM/9th ASC Historian Vince Breslin told them about the early life of the post, the capture of Geronimo and how heliograph stations (mirrors used to communicate) stretching east to central New Mexico and north to Flagstaff allowed the Army to keep in contact over long distances.

Competition activities concluded with a banquet where the competitors were awarded the Army Commendation Medal for making it to this level. First-place runners up for the competition were Aparicio for the NCOs and Spec. Daniel Smith, representing the 160th Signal Brigade in Southwest Asia.

Bonaudi and Blough are not finished competing yet. Their next stop is Fort Hood, Texas, to compete in the U.S. Army Forces Command NCO and Soldier of the Year Competitions, Sunday to Aug. 3.



Above: Spec. Michael Philbert, 11th Signal Brigade, takes a compass azimuth before heading to his third point on the land navigation course. Left: Spec. Nina Gutierrez, 21st Signal Brigade, applies a pressure dressing to stop bleeding on an extremity of a prone mannequin.

NETCOM/9th ASC NCO/Soldier of the Year competitors

5th Signal Command

Staff Sgt. Mark Bonaudi
Spec. Tia Hall

311th Theater Signal Command

Sgt. Doug Jessup

1st Signal Brigade

Staff Sgt. Billy Atkinson
Spec. Crystal White

11th Signal Brigade

Sgt. Jaime Aparicio
Spec. Michael Philbert

21st Signal Brigade

Sgt. John Telesmanick
Spec. Nina Gutierrez

93rd Signal Brigade

Sgt. German Marrero II
Spec. Gregory Blough

160th Signal Brigade

Sgt. Shawn Von der Hellen
Spec. Daniel Smith

516th Signal Brigade

Staff Sgt. James Fawvor IV
Spec. Kelly Toney

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Service News



Ultimate sacrifice in support of Global War On Terrorism

Pfc. Derek Plowman, 20, of Everton, Ark., died on July 20 in Baghdad, Iraq, from a gun shot wound. Plowman was assigned to the Army National Guard's 1st Battalion, 142nd Fires Brigade, Rogers, Ark.

This incident is under investigation.

Staff Sgt. Eric Caban, 28, of Fort Worth, Texas, died on July 19 in southern Afghanistan of injuries sustained when his combat reconnaissance patrol came in contact with enemy forces using small arms fire during combat operations on July 18. Caban was assigned to the 3rd Battalion, 7th Special Forces Group (Airborne), Fort Bragg, N.C.

Sgt. Mark Vecchione, 25, of Tucson Ariz, died on July 18 in Ar Ramadi, Iraq, of injuries sustained when an improvised explosive device detonated near his M1A1 Abrams tank. Vecchione was assigned to the 1st Battalion, 37th Armor Regiment, 1st Armored Division, Friedberg, Germany.

Lance Cpl. Geoffrey Cayer, 20, of Fitchburg, Mass., died July 18 from a non-hostile incident in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

The incident is under investigation.

Staff Sgt. Robert Chiomento, 34, of Fort Dix, N.J., died on July 17 in Khwaya Ahmad, Afghanistan, when his patrol encountered enemy forces using rocket-propelled grenades and mortars. Chiomento was assigned to the 2nd Battalion, 4th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division, Fort Polk, La.

Sgt. 1st Class Scott Smith, 34, of Punxsutawney, Pa., died on July 17 in Al Iskandariyah, Iraq, of injuries sustained when an improvised explosive device detonated during a controlled ordnance clearing mission. Smith was assigned to the 737th Explosive Ordnance Detachment, 52nd Ordnance Group, Fort Belvoir, Va.

Staff Sgt. Jason Evey, 29, of Stockton, Calif., died on July 16 of injuries sustained when his Bradley Fighting Vehicle encountered an improvised explosive device during combat operations in Baghdad, Iraq. Evey was assigned to the 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, Fort Hood, Texas.

Spc. Manuel Holguin, 21, of Woodlake, Calif., died on July 15 in Baghdad, Iraq, of injuries sustained when his dismounted patrol encountered enemy small arms fire and an improvised explosive device. Holguin was assigned to the 2nd Battalion, 6th Infantry Regiment, 2nd Brigade, 1st Armored Division, Baumholder, Germany.

Sgt. Andres Contreras, 23, of Huntington Park, Calif., died on July 15 of injuries sustained when his HMMWV encountered an improvised explosive device in Baghdad, Iraq during combat operations. Contreras was assigned to the 519th Military Police Battalion, 1st Combat Support Brigade, Fort Polk, La.

Advertisement



Keeping Soldiers Safe

Sgt. Nicholas Fate provides perimeter security in a rural field near Mushahda, Iraq, during a patrol in search of weapon caches July 17, 2006. Fate is from 1st Battalion, 66th Armor Regiment, 1st Brigade Combat Team, 4th Infantry Division. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael Larson.)

Advertisement

Deadline to submit Military Idol applications is tomorrow

Army MWR, with permission from the "American Idol" television series, is looking for contestants for the annual Military Idol Competition. Active duty amateur vocalists are invited to submit applications to their local MWR organization no later than tomorrow.

Anyone interested on the local level is urged to get their application immediately, either at Thunder Mountain Activity Centre or on line at www.militaryidol.com. Other talents, musician, dancer, comedian, etc. do not qualify for this competition.

Active duty personnel from all branches of the service stationed at Fort Huachuca are eligible. The local competition is scheduled as follows: first round, Aug. 11; second round, Aug. 18; third round, Sept. 8; and final round, Sept. 22, at Thunder

Mountain Activity Centre.

First-round auditions will be performed a-capella and will be judged by a three-judge panel. For all other competitions, performers must provide CD format accompaniment. No a capella or live accompaniment will be allowed.

For the second round through the semi-finals, both judges and the audience will determine which contestant moves on to the next level.

At the installation level, the following prizes will be awarded: 3rd place, \$100; 2nd place, \$250; and 1st place, \$500, plus an additional \$500 for the winner's unit. The first-place winner at each installation will be submitted for consideration on the national level.

Twelve national finalists will be chosen to compete at the National Military Idol Competition, Oct. 28



- Nov.6 at Fort Belvoir, Va.

At the national level, the following prizes will be awarded: 3rd place, \$500; 2nd place, \$1000; and 1st place, \$2000.

For more information, call TMAC at 533-3802 or 533-7322.

Right Arm Night set for tomorrow

The next Commanding General's Right Arm Night will start at 4 p.m. tomorrow at Thunder Mountain Activity Centre. Finger foods and pay-as-you-go beverages will be available. For more information, call 533-3802.

Vendor applications for Fall Festival

MWR has announced that the 2006 Fall Fun Festival will be held Sept. 15, 16 and 17, at Veterans Memorial Park, Sierra Vista. The festival is open to the public and there is no admission charge.

Private organizations, food, craft and other vendors are encouraged to take part in this money-making opportunity. Vendor applications are available now at Barnes Field House.

For more information, call Susan Gasca at 678-4446 or Susan Keltner at 533-0351 or e-mail fallfest06sv@yahoo.com.

Specials, tournament at Desert Lanes

In honor of National Girlfriends Day, Tuesday, ladies can bowl for \$1 per game at Desert Lanes.

Beginning at 1 p.m., Aug. 5 and 6, Desert Lanes will hold a Scotch Double Tournament. Entry fee is \$20 per doubles pair and the tournament is open to everyone.

Desert Lanes is also offering free coaching for bowlers, at 9 a.m. Wednesdays. Coaching is available to bowlers of all ages.

Bowling leagues which begin in August are now forming at Desert Lanes. All bowlers are invited.

For more information, call 533-2849.

Specials, 80s dance, at Jeannie's Diner

Jeannie's Diner will offer the following specials: From 2 to 4 p.m. Aug. 1, ladies will receive a free soda; and all day Aug. 3, customers will receive a free slice of watermelon with their meal purchase, while supplies last.

Jeannie's will hold an 80s Dance from 5 to 9 p.m. Aug. 4. Food specials will be offered from 5 to 6 p.m.

A dance contest, with prizes given away, will be held from 6 to 7 p.m. Patrons may also register for door prizes during the dance.

Jeannie's Diner is located inside Desert Lanes Bowling Center. For more information, call 533-5759.

Specials at the Sportsman's Center

The Sportsman's Center will hold trap and skeet classes for beginners at 11 a.m. and a second session at noon, tomorrow. The beginners' clinic will also be offered Aug. 4, 11, 18 and 25.

The cost of each class is \$10 and includes gun rental, one round of targets, one box of ammunition, ear protection and instruction by a certified instructor.

From 11 a.m. - 2 p.m. July 26, patrons will receive \$1.50 off per round of regular priced skeet and trap. Regular price is \$4 per round.

Hunting season is fast approaching, and the Sportsman's Center sells Arizona Game and Fish licenses, as well as installation hunting and fishing permits.

The Sportsman's Center is always in need of volunteers. Individuals interested in volunteering should call 533-7085 or visit the facility.

Free golf clinic at MVGC

Mountain View Golf Course will hold a free golf clinic for beginners from 10 to 11 a.m. Saturday. The clinic will teach the basic fundamentals of the swing and the game of golf. The use of clubs and balls will be provided at no charge.

Space is limited, so call 533-7088 to register.

Coaches' meeting for soccer tourney

The coaches' meeting for the Summer Soccer Shoot-out Tournament will be held at 6:30 p.m. Tuesday at Eifler Fitness Center. Teams interested in participating in the tournament are encouraged to attend the meeting.

The tournament will be held Aug. 12 and 13 at Sentinel Field. The tournament is open to all teams with members 18 or older. There is a \$100 entry fee per team.

For more information, call Michelle Kimsey at 533-3180 or e-mail michelle.kimsey@hua.army.mil.

After-School Program starts Aug. 7

The Child and Youth Services Middle School and Teen After School Program will begin Aug. 7 at the Youth Center, Building 49013. The program runs from after school until 6 p.m. Monday - Friday.

The MST program is a Boys' and Girls' Club affiliate member. The program offers 4-H clubs, tech labs, sports programs, social and a variety of other activities.

Enrollment is free for the school year, but youth must be members of Child and Youth Services. There is an \$18 annual fee for CYS membership.

For more registration and enrollment information, call 533-0738.

Moonlight Trail Ride set for Aug. 9

Buffalo Corral Horseback Riding Stables will offer a Moonlight Trail Ride from 7:30 to 9:30 p.m. Aug. 9. The ride is open to the public.

Reservations and pre-payment are required by close of business, Sunday before the ride.

For more information or to register for trail rides, call Buffalo Corral at 533-5220.

Hunter's Education Course in August

The Arizona Game and Fish Department, the Fort Huachuca Wildlife Office and the Sportsman's Center will offer a hunter's education course from 6:15 to 9:30 p.m. Aug. 14, 18, 21, 22 and 24 at the Fort Huachuca Quality Training Center, Room 3, Building 22420, Butler Rd.

The course is required for all people who intend to hunt on the installation.

Cost of the class is \$7 per person. Registration and payment are required at the Sportsman's Center located on Garden Canyon Road.

For more information, call 533-7085.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

The Scout TimeOut

Teams

1. Team Ranier
2. Team BAK-ATTACK
3. Very Trying
4. Greenhorn Trio

Male (15-19)

1. Christopher Young
2. Richard Grue
3. Chris Dickerson

Female (15-19)

1. Rae Devan
2. Megan Murphy

Female (20-29)

1. Samantha Byrd
2. Susan Galich
3. Joy Hess
4. Bonnie Blue Clemente

Male (20-29)

1. Benjamin Morrison
2. Bryan Haggerty
3. Danny Rodlay
4. Jason Tullius

Female (30-39)

1. Pier Fauver
2. Rocio Rivas

Male (30-39)

1. Brian Hayes
2. Thomas Vogan
3. Luke Collins
4. Chris Wright

Female (40-49)

1. Lynn Jones
2. Catherine Owen
3. Vicki Gricius

Male (40-49)

1. Richard Monnard
2. Nathan Hoepner
3. Greg Swanson
4. Hugh McCauley

Female (Over 50)

1. Cheryl Palen
2. Julie Schenck
3. Pat Strange

Male (Over 50)

1. Rich Rougeux
2. Mark Brynestad
3. Nick Ashby
4. Thad Strange

Post kicks off Multi-Sport Summer Series with Steelhead Triathlon

Story and Photos
by Anthony Reed

Scout Staff



Samantha Byrd was the first individual participant to complete the swimming, bicycling and running portions of the Steelhead Triathlon.

The post's Irwin Pool was the site for the first race in the 2006 Multi-Sport Summer Series Saturday. Participants were asked to bring a little more than just their swimming trunks or bathing suits to the pool.

"The Steelhead Triathlon consists of an 800-yard swim, 13-mile bike trek and a 3.1-mile run," said Ronald Ellsworth, post recreation specialist, who manages the post pools and assists in Morale, Welfare and Recreation Sports and Fitness events.

The Steelhead Triathlon was established in 1994. This year's event saw more than 70 individual participants, along with 10 teams, who split up the grueling events amongst themselves.

Chazz Owens, a member of

Team Riding Dirty, served as the runner for his group. "I've participated several times, and it's always a blast," he said. "There are really good athletes here who relish the opportunity to show their stuff against the best of the best."

Anna Delozier used the Steelhead Triathlon as additional training for a 20-mile swimming race she plans to participate in off the Catalina Channel in mid-August. "This is a good way to measure how far along my training is coming," she said.

Athletes can sometimes be perfectionists. Though she was the first individual participant to complete all the events, Samantha Byrd found flaws in her seemingly flawless effort. "I could have done much better in the run," she said.

Ellsworth said participants started arriving at the pool at about 5 a.m. to receive their race numbers and begin warm-

ing up. "I'd like to thank all the wonderful volunteers who helped us with this successful event."

Among those volunteers was Company L, 111th Military Intelligence Brigade, who served as timekeepers and judges for the events. Most of these soldiers are foreign-born and are fluent at a high level of most Middle East languages.

After 32 laps in the pool, a bike trek along the desert terrain and a run in the hot sun, Nathan Hoepner, though tired, said, "I feel good about competing. It was a personal accomplishment to finish, and now I can't wait to do it again."

According to Ellsworth, the next race in the Multi-Sport Summer Series will be the 2-10-2 Biathlon, scheduled Aug. 19, followed by the Mystery Run 10K scheduled Sept. 9.

Call MWR Sports and Fitness at 533-0040 for more information.



Jade Ashby pumps air into the tires of his bicycle in preparation for the bicycle portion of the Steelhead Triathlon.



Marvin Brown completes the first of 32 laps in the pool during the swim portion of the Steelhead Triathlon.

Local youth bowling champ returns from tournament after 1 loss, 1 win, gains knowledge

Story and photo by Rob Martinez

Scout Staff



Two days after returning from the 2006 Pepsi United States Bowling Congress Youth Championships in Fort Lauderdale, Fla., Stephanie Regalado was back at Desert Lanes Bowling Facility working on her technique.

During the 2006 Pepsi United States Bowling Congress Youth Championships in Fort Lauderdale, Fla., Stephanie Regalado, 16, placed 30 out of 50. She needed to place in the top 16 to win a scholarship. She did, however, win first place in the Survivor Tournament for her division, for a prize of \$60.

Regalado had placed first here, then progressed through the regional and the state championships. She and the champions from all 50 states and other countries convened in Fort Lauderdale for the final tournament, July 17 through 19.

Regalado said that she didn't bowl as well as he had expected, but she gained much knowledge during the tournament. She is using it to prepare for next year. "Next time," she said, "I'll try and not get so mad at myself. I'll have enough time to figure it out, because it's better to throw just one or two games ... to figure out the rest of the games. You're used to bowling at your home center; the lanes there were different. It was more slick at the approach ... there was a lot more oil; it was just all different compared to here. So you have to figure out and adjust, and that was what the practice day was for. If you can't figure it out then, you have to figure it out at some point, so you can not exactly throw a game, but you need to spend a game figuring out what you need to do, so you can do better on the next games."

Those who didn't place were afforded a chance at another tournament.

"I knew I wasn't going to do well so I so signed up for the survivor tournament, which is for anyone who didn't make the top sixteen in their division."

It was a coed tournament, eight pin no tap, eight or nine pins knocked down or a strike all count as a strike. Below eight is a normal frame.

"I won first place for my division for that, which surprised me. I didn't expect that at all. I was just bowling, having fun. The first day was just more stress, that 'you got to make it' kind of thing."

It was during the second tournament that she realized what she was doing wrong. "It was nervous excitement. The first day of bowling I ended up getting mad at myself because I couldn't figure out what I was doing wrong with my ball. I figured it out the next day for Survivor."

There were 192 competitors, many from other countries including Puerto Rico, and Korea. The USBS gave Regalado \$400 towards her ticket, but her family paid for their own flight. They made the sojourn into a mini vacation.

The tournament is over, but Regalado is not through bowling. Two days after returning from the competition, Regalado was back at Desert Lanes Bowling Facility working on her technique. "I'm just bowling, having fun, getting used to these lanes again. Just came out here ... to have fun and try to beat the guys in there."

"If you like it, enjoy it; you don't have to get frustrated like I did. That's what ruined it for me. The second time I had a positive attitude. If you have a bad attitude, you'll bowl bad. You always have to stay positive."

Fit for Life - RICE versus MICE for treating minor injuries

By George Colfer, PHD

The most often recommended procedure for treating minor injury is RICE (rest, ice, compression and elevation). However, there is another procedure that shows merit that can also can work, perhaps even faster in some cases. Its acronym is MICE (movement, ice, compression and elevation).

Both of these procedures are meant to treat sprains, strains and other non-catastrophic injuries common to sport, fitness and work. Be sure to rule out any fracture, dislocation, severely torn muscles and internal injuries before using them. If in doubt, consult a physician for a diagnosis.

The MICE treatment calls for movement of the injured part rather than resting or immobilizing it. The theory is that by gently moving the injured part and restoring some range of motion, healing will take place more quickly due to increased circulation. Moving the injured joint or muscles will encourage increased blood flow to oxygenate

the area and carry out metabolic waste products from the injury site.

Immobilization can cause weakness and atrophy to the injured area. While immobilization will work over time, the rehabilitation process is more lengthy, meaning a longer recovery period.

Movement may necessitate a second person to assist in some cases and to determine what range of movement can be tolerated. The movement has to be done carefully and very gently to avoid more trauma to the injury site.

Ice should still be used along with strapping or compression when an injured body part is not being moved and it should be elevated when resting to round out the procedure. Depending on how fast you need your recovery to be, MICE may be the way to go.

Q - I have trouble doing pull-ups, but it's not my arm or shoulder strength causing it. I tend to sway from the waist down which ruins my timing on the exercise. Any suggestions?

A - Pull-up problems are not always just the lack of upper body strength. The

core muscles of the body (abdomen, pelvic region, lower back) may be part of the problem, causing a swinging or swaying motion. Core muscles stabilize the body while you are moving the arms, shoulder and shoulder-girdle muscles to perform the pull-up.

Also, work on your grip. Squeezing a rubber ball or using grip devices will enable you to hang on to the bar longer without hand and forearm fatigue.

Last, if all else fails and the pull-up is still important, lose some body weight. Many people, both male and female, could perform this exercise better with a lower body weight. In overweight and obese people, one of the first things they lose is the capacity for relative strength and functional movement.

Q - I use a heart-rate monitor when running and road cycling. I get very frustrated when I cannot reach or maintain my training heart rate. Am I still getting any training benefits?

A - A few things could be causing the problem. First, are you sure your training heart rate estimate is accurate?

What percentage are you trying to maintain? The norm is about 70 percent. If you are trying to train at 80 percent, therein may lie the problem. A good alternative is to establish a range, known as a target zone. This usually encompasses a 15-percent range, let's say 65 to 80 percent. This will allow for training variations on different days.

I would say 'yes' that you are still receiving training benefits unless you are continually pushing yourself too hard. You may want to get a professional evaluation to establish an accurate training-heart rate. For most, the formula (220 - age x desired percentage) will suffice.

Finally, you may just want to leave the monitor at home for awhile and just enjoy your workouts for a change. Many people tend to become slaves to the numbers which can cause frustration, anxiety and hurt performance. Rest and recovery is essential to performance. Try a few weeks without the monitor and let your body tell you how hard it wants to train.

Wrestling Camp rated a big success

Story and photos by Michael Collins
Scout Staff

Youth wrestling camp kicked off its first year at the Murr Community Center July 17. The camp was held for children, 8-17, and is part of the SKIESUnlimited summer programs.

"We started this program to get kids interested in our wrestling program,"

said John Rivera, coach of the wrestling camp. "This gives them an opportunity to learn the fundamentals of the sport, figure out whether they like it or not and have some fun in the process."

Thirteen boys signed up for the camp with two teen volunteers, Kevin Treftz and David Jones assisting Coach Rivera. The kids went through a series of drills, sparring matches and exercises to strengthen the muscle groups and hone techniques essential for success in this sport.

The young wrestlers were enthusiastic about the challenges presented them with each one aggressively

and bad, good position and bad, then the kids will be better at the sport and enjoy it more."

Youth wrestling has been offered at Fort Huachuca for the last four years. This is just one of the many sports programs available for children and teens and offered through Youth Services, along with soccer, boys' and girls' cross country running, girls' volleyball, cheerleading, basketball, track and baseball. Registration for various programs is ongoing throughout the year.

In order for children to



throwing himself into the various holds and maneuvers.

"I have been doing this for 21 years," said Rivera. "If I can teach them the difference between a good stance

participate in sports, they need a sports physical on file for both the middle school teams and the Youth Services teams. Children who want to play in middle school sports need the physical

before they play and one physical is good for three years.

To make an appointment for a sports physical, parents should take children 4 to 12 to the Pediatric clinic, and those 13 and older to the Family Care Clinic at Raymond W. Bliss Army Health Center, said Dr. Rebecca Reyes, pediatrician at the clinic. Children should wear shorts and bring the necessary school forms to the appointment, along with shot records if the child is also going to be immunized, Reyes said.

For an appointment, call 533-9200.

Young wrestlers William Ponder (left) and Seath Towles spar as part of their training. Seath took William to the mat in this spirited match up.



David Jones (left) and Coach John Rivera introduce a good staggered stance to the kids at the SKIESUnlimited wrestling camp.



Jason Li (left) squares off against his opponent, Reise Way.

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From **COMMUNITY**, Page B7

Tsunami Nights are back

Ride the big waves at Tsunami Night from 7 to 10 p.m. August 4 at "The Cove" Sierra Vista's Aquatic Center in Veterans' Memorial Park.

Bring your raft, boogie board or just body surf.

Admission is \$8.50, and includes pizza, soft drinks, and a live DJ. Come for the waves, but stay for the prizes that will be given away all night long.

Better Opportunities for Single Soldiers

Single Soldiers, geographic bachelors and single parents looking for something to do are invited to attend the Installation Better Opportunities for Single Soldiers meetings at 3 p.m. every other week at Murr Community Center. The next meeting is Aug. 2.

BOSS deals with Recreation, Community Service and Quality of Life issues of single Soldiers. Every unit has a BOSS Representative.

For information, e-mail Eugene.domingue@hua.army.mil or call 533- 4355.

Teen bands needed

The Scene, a back-to-school promotion at The Mall in Sierra Vista is seeking teen bands to participate in an after-hours party July 30. Teens 13-17 will compete in a Battle of the Bands competition and will be judged by their peers. Prizes will be awarded to the top three bands.

For more information, contact the mall office at 452-0011.

Vacation Bible School registration

Vacation Bible School takes place July 31-Aug.

4 from 9 a.m. until noon at the Main Post Chapel. This event is open to children of all faith denominations who have completed Kindergarten through 4th grade. Register through July 28.

Volunteers are needed. Children who have completed 5th grade and above as well as adults are invited to volunteer. There will be child care available for children of volunteers.

For information, call Rosemary Pino at 533-2366 or 220-9427.

Free preservation workshop

On Monday from 9 a.m. to 4 p.m. at the Oscar Yrun Community Center, The Henry F. Hauser Museum in sponsoring a preservation and encapsulation workshop. Learn how to preserve family documents, photographs, and other precious heirlooms.

The instructor, Steve Hoza, is the professional conservator for the Hoo-hoogam Ki Museum in Scottsdale.

Registration is limited, so register early. The preservation portion of the workshop runs from 9-11:30 a.m. followed by a break for lunch. Encapsulation portion lasts from 1- 4 p.m.

For information, call Nancy Krieski at 417-6980.

Free open swim

Free Open Swim takes place Wednesdays, sponsored by Arizona Physicians IPA through Aug. 2. Admission is free for the first 150 youth 5-17 who come to swim. Children under 5 must be accompanied by an adult while at the Cove. Doors open at 1:30 p.m.

Foreign student hosts needed

Foreign high school students are scheduled to arrive soon for academic semester and year pro-

gram homestays, and the sponsoring organization needs a few more local host families. Students are between the ages of 15 and 18, speak English, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families.

Families who host for Pacific Intercultural Exchange are also eligible to claim a \$50.00 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

Cochise area families interested in learning more about student exchange or arranging for a meeting with a community representative may call P.I.E., toll-free, at 1-866-546-1402.

Local film industry workshops

FilmWest continues to offer its Professional Film Making Workshop Series to Arizona film and television apprentices throughout the summer. The curriculum of the "immersion" style workshop series is designed to introduce a variety of entry-level production training to people with little or no film experience. The workshops are being lead by veteran industry professionals both from Arizona and Hollywood.

Registration begins at 9am and the workshop hours are 10 a.m. to 6 p.m. Lunch will be served. Old Tucson Studios is located at 201 S. Kinney Road in Tucson, Arizona. Admission is \$75/\$65 for students. Registrants can contact Elizabeth Lohman at filmwestworkshops@gmail.com or call 520-883-0100 ext. 258.

Video/Audio Villages for Set and Location/HD Cam Saturday; Managing Craft Services/Catering/ EMT Aug. 5; Transportation/Location Management Aug. 12; Introduction to Stunts/

At The Movies

Showing at the Cochise Theater for the next week are:

RAFFES

Today -7 p.m.

The Omen

R

Friday

Cars

G

Saturday -7 p.m.

Fast & Furious: Tokyo Drift

PG-13

Sunday -2 p.m.

Cars

G

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

The Commander's Access Channel is your channel. We provide a window to the military community that you live in. Committed to the value of community television we are your source for military news and local information. We share in your successes and connect you to the events that are shaping your future. We're your channel.... Cable 97.



August: "Where's Whettie?"

The contest starts with the Aug. 3 Scout.

Identify Wettie the Waterdrop's location in the photo to be published every other week and email your answer to the Scout. All



correct answers received by noon on the Monday after the photo is published will be entered into a drawing for a prize. The winner's name will be published in that week's Scout along with the correct answer about Wettie's location and the water-saving tips that led to the Water Wise visit to that specific destination.

Email your best guess to thescout@hua.army.mil

Good Luck!

From **COMMUNITY**, Page B6

Acting on set Aug. 19; Production Office Management Aug. 26.

Information Technology Expo planned

The 2006 Technology Expo will take place from 9 a.m. to 1 p.m. Aug. 3 at the Thunder Mountain Activity Centre here. There is no fee to attend and all personnel are invited. To pre-register visit www.fedpage.com and click on "Events and Attendee Registration". Complimentary refreshments will be served. For more information e-mail dennis@fbcd.com.

Summer Concerts in the Park

The 36th Army Band will perform the last concert this summer at 7 p.m. tonight at Veterans' Memorial Park, Sierra Vista..

Miss Sierra Vista Scholarship Pageant

Brandi Milloy, Miss Sierra Vista 2005, will crown next year's pageant winner at 7 p.m. Saturday at the Buena Performing Arts Center. Tanja Linton and Sonny Fictl will co-MC this year's event, "Miss Sierra Vista Through the Years, Celebrating 50 Years of Tradition."

Tickets are available at Jim's Glass & Mirror located at 81 S.Garden Ave., Sierra Vista for \$12 or at the door for \$15.

7th Annual Hummingbird Triathlon

Parks and Leisure Services will host this year's triathlon which begins at 6 a.m., Saturday, at the Cove. The event consists of an 800-meter swim, a 13-mile bike ride, and a 5-kilometer run. Maps are available at all Parks & Leisure facilities.

Individual entry fee is \$35 per person or \$65 for a team, and includes an event t-shirt. Awards will be presented to the top three competitors in each of the eight male and eight female age divisions, and to the top two female, top two male and top two co-ed teams.

Call the Cove at 417-4800 or Parks and Leisure at 458-7922 for more information.

Audie Murphy Club event

The Audie Murphy Club will hold a special event from 6 – 10 p.m. Aug. 12 at the Veterans of Foreign Wars building off Buffalo Soldier Trail, Sierra Vista.

For information, call 533-6076 or 533-7822 or e-mail Jeremy.toor@gmail.com.

Brain cancer support group forming

A new support group for those whose lives

have been touched by a brain tumor or traumatic head injury meets for the first time at 2 p.m. Aug. 23 at the Ethel Berger Community Center, Tacoma St., Sierra Vista.

Survivors, recently diagnosed, family, friends and caregivers are welcome and encouraged to join. Don't feel isolated and alone.

For information call Linda at 456-5736.

Ton of Fun Run Saturday

A 3/4 Ton of Fun Fire House Run sponsored by the Thunder Mountain Harley Owners Group in support of the firefighters food bank begins at 7 a.m. Saturday at the HOG Shop, 176 W. Fry Blvd, Sierra Vista. The run ends at Tompkins Park, 7th St. and Buffalo Soldier Trail. Food donation turn-in happens 3 p.m. Cost is \$10 or five or more nonperishable food items.

For information, call 403-3918 or 803-9157.

Public Star Party Saturday

Ever wonder what the sky looks like up close? Here is an opportunity to play astronomer. Weather permitting, party starts at dusk, about one-half hour after sunset. Locations vary, so call in advance. Event is free and open to the public.

For information, call 366-5788, or e-mail: hac@palominas.com. Log on to the Web site at <http://c3po.cochise.edu/astro>.

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